

Montag , 09.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:30

P.I.I.T
Erendita

18:30 - 19:25

Pump
Yvonne

Dienstag , 10.10

18:15 - 18:45

Simply Core
Sarina

19:00 - 19:55

Power Yoga
Jasmin R.

Mittwoch , 11.10

09:15 - 10:10

Rückenfit
Marco

18:00 - 18:55

Yoga
Ambra

19:00 - 19:55

*BBP (Bauch, Beine, Po) /
Bodytone*
Yvonne

Donnerstag , 12.10

09:15 - 10:10

Functional Workout
Erendita

18:00 - 18:55

Pump
Dominic

19:05 - 20:00

Pilates
Andrea

Freitag , 13.10

09:15 - 10:10

Pilates
Andrea

Samstag , 14.10

Sonntag , 15.10